

Step-by-Step Guide: Olympic Wushu Qiangshu (Spear) Form

Overview

Qiangshu (枪术) is the spear routine in Olympic Wushu, featuring a blend of dynamic stances, thrusts, sweeps, and spins. The form is divided into sections, each incorporating a variety of spear techniques and footwork. Below is a structured breakdown of the core elements and a step-by-step outline of a standard elementary Qiangshu routine, based on official descriptions and video demonstrations^{[1] [2] [3]}.

Key Spear Techniques

- **Lanqiang (Outward Block):** Move the spearhead in outward arcs, between head and hips, with force directed to the front part of the spear.
- **Naqiang (Inward Block):** Move the spearhead in inward arcs, between head and hips.
- **Zhaqiang (Thrust):** Thrust the spear straight forward, rear hand touching the front hand, power at the spear tip.
- **Chuanqiang (Pierce):** Plunge the spear forward quickly, keeping the shaft close to the body.
- **Dianqiang (Point):** Quick, forceful upward-forward-downward strike with the spear tip.
- **Wuhuaqiang (Figure-8):** Rapid vertical circles close to the body.
- **Tiaoba (Raise):** Tilt up the shaft of the spear with force at the end of the shaft^[2].

Basic Stances

- **Gongbu (Bow Stance)**
- **Mabu (Horse Stance)**
- **Pubu (Crouch Stance)**
- **Xubu (Empty Stance)**
- **Resting Stance**^[2]

Step-by-Step Breakdown: Elementary Qiangshu Routine

The elementary Qiangshu routine is typically structured into four sections, each with a sequence of spear techniques and stances^{[2] [3]}.

Section 1: Opening and Basic Blocks

- Commence with a salute and ready stance.
- Back cross-step, left downward spear block, right downward spear block, spear flat thrust.
- Leap, repeat left and right downward spear blocks, spear flat thrust.
- Step around forward, repeat blocks and thrust.
- Back cross-step, repeat blocks and thrust.

Section 2: Transitions and Strikes

- Turn, enter bow stance, perform middle flat strike.
- Step forward, bow stance, spear push.
- Squatting stance, spear flat downward strike.
- Knee-lift, hold spear.
- Knee-lift, overhead block.
- Bow stance, right downward spear block, spear thrust.
- Horse stance, spear end cover.
- Figure-8 movement, right downward spear block, spear thrust.

Section 3: Dynamic Movements

- Step forward, spear downward strike, spear thrust.
- Spear end tilt, turn, right downward spear block, spear thrust.
- Cross-step, spear downward strike.
- Empty stance, spear downward strike.
- Resting stance, right downward spear block.
- Horse stance, flat spear.
- Back cross-step, left and right downward spear blocks, spear flat thrust.
- Bow stance, pull spear back.

Section 4: Advanced Techniques and Closing

- Continue with combinations of thrusts, blocks, and spins, integrating footwork such as leaps and back cross-steps.
- Finish with a closing stance and salute^[2].

Tips for Practice

- Focus on clear transitions between stances and ensure each spear technique is executed with power and precision.
- Maintain proper posture: front hand grips like a pipe, back hand locks the spear.

- Practice the figure-8 (wuhuaqiang) for fluidity and control.
- Watch demonstration videos for visual reference and follow along to master timing and coordination [4] [5] [3].

Summary Table: Core Techniques and Stances

Technique	Description
Lanqiang	Outward block, arc motion
Naqiang	Inward block, arc motion
Zhaqiang	Straight thrust, rear hand touches front hand
Chuanqiang	Quick plunge, shaft close to body
Dianqiang	Quick, forceful point with spear tip
Wuhuaqiang	Figure-8, vertical circles close to body
Tiaoba	Raise spear with arm
Gongbu	Bow stance
Mabu	Horse stance
Pubu	Crouch stance
Xubu	Empty stance

For a complete demonstration, refer to instructional videos and official IWUF routines, which provide visual guidance on each movement and sequence [4] [5] [2] [3].



1. <https://iwuf.org/en/sport-wushu/competitive-wushu/taolu/>
2. <https://www.youtube.com/watch?v=Y5Mwkot7S7Y>
3. https://www.youtube.com/watch?v=8_xdbzymODU
4. <https://www.youtube.com/watch?v=s7caDs1XvQg>
5. https://www.youtube.com/watch?v=ML-MP_VQRvU